

Pulmonary Maintenance



Where: Healthy Futures Hub, 2/151 East Road, Seaford VIC 3198

Cost: Free

Parking: Free and close to the building entrance

Classes: Tuesdays 10-11 am and/or Thursdays 1-2 pm

What to bring: A drink bottle, any medications for exercise, a mobile phone

Who can attend? Adults with chronic lung disease who have completed a pulmonary rehabilitation program during the past year and are safe to exercise in the community. This program is part of a research initiative of Monash University. Participation is voluntary and includes assessment and supervision by allied health students (supported by staff).

Information for referrers: Available [HERE](#) or scan the QR code



Contact: alliedhealthclinics@monash.edu or 9904 4415

Why you are invited

You are invited to take part in this program because you have a chronic lung condition and have recently completed a Pulmonary Rehabilitation program. Pulmonary Maintenance helps you stay active, confident and independent by continuing the progress started during pulmonary rehabilitation programs.

What does this program involve?

If you decide to participate, you will meet with a trained physiotherapy student and a supervising clinician for an initial assessment. This helps us understand your goals, symptoms, and the types of exercise that feels right for you.

You will attend small-group exercise sessions once per week. These sessions focus on general fitness, muscle strength, daily physical activities and education. Exercise plans are tailored to your abilities and progressed gradually to ensure safety and comfort. Additional guidance, monitoring and support will be provided by an experienced physiotherapy team to help you sustain healthy long-term habits and maintain the benefits of pulmonary rehabilitation.

Possible benefits

Many people experience improvements in fitness, strength, and self-management of breathlessness and confidence in daily activities. You may also enjoy the social support and encouragement from others who have similar experiences.

Possible risks

All exercise is supervised and tailored to your ability. We do not anticipate risks beyond those associated with regular, structured exercise.

Do I have to take part?

Participation is voluntary. You may stop attending the program at any time.

If you choose to participate

A member of the team will contact you to arrange an initial assessment and discuss your goals as well as answer any questions.

